

# BALANCING IT ALL

Created w/ love + prosperity vibes for you  
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WHAT WORDS COME TO MIND WHEN YOU THINK OF THE WORD  
"BALANCE?"

WHEN WAS THE LAST TIME YOU FEEL YOU HAD BALANCE IN YOUR LIFE?

ON A SCALE FROM 1-10, 10 BEING THE MOST BALANCED, WHERE DO  
YOU FEEL YOU SCORE?

LET'S START WORKING ON YOUR BALANCE:

Thinking of what you noted above, list what you feel is the most out of  
balance in your life: wealth, health, or happiness.

What would you need to change to have more balance when it comes to your  
wealth?

What would you need to change to have more balance when it comes to your  
health?

What would you need to change to have more balance when it comes to your  
happiness?

What are some tasks and responsibilities that you currently have on your  
plate that no longer fill your cup or add joy or money into your life?

Is this something worth removing from your life?

**HOMEWORK:** Start integrating into your life one of the changes you noted  
above with the intention of adding more balance. Once you get the groove of  
this going, add another action step, then another one. Slowly, you'll start to  
find more balance.

You are so magical

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